Australian Food Safety Week

11-18 November 2017

eha EASTERN HEALTH AUTHORITY

City of Burnside · CAMPBELLTOWN CITY COUNCIL · City of Norwood Payneham & St Peters · CITY OF PROSPECT · TOWN OF WALKERVILLE

local councils working together to protect the health of the community

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The theme of Australian Food Safety Week 2017 is:

'Is it done yet? Use a thermometer for great food, cooked safely every time' and it will be held from **11 to 18 November 2017.**

To get in the theme of Food Safety Week Eastern Health Authority (EHA) has put together a short newsletter. The newsletter provides information on using thermometer to ensure food is cooked safely every time.

To get involved in Food Safety Week you can also:

- **Take the Food Safety Week Quiz** *(http://foodsafety.asn.au/)*
- **Share info on social media #AFSW17**
- **Download and share the AFSW resources** *(http://foodsafety.asn.au/)*
- **Check out our new website:** *(https://www.eha.sa.gov.au/)*

Help us reduce the estimated 4.1million cases of food poisoning each year!

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Tips for using a thermometer

Thermometers are arguably the most important piece of equipment in any kitchen. Thermometers are used to ensure that potentially hazardous food is kept under temperature control. This minimises the growth of dangerous foodborne microorganisms and prevents toxin production. A probe thermometer is recommended for measuring food's internal temperature during cooking, cooling and reheating.

Thermometers aren't just for food businesses! Home cooks should also consider purchasing a thermometer so they can be sure the food served to friends and family is safe.

There are a variety of thermometers available for measuring food temperatures; common ones are listed in the table on the next page. The table is provided by SafeFood Australia.

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Common types of thermometers:

Thermometer type	Comments
Probe thermometers	• **recommended** for measuring food temperatures • inexpensive, simple to use and ideal for measuring the internal temperature of food • internal food temperature measured by inserting the probe into the food, usually at or near the centre of the food • can also measure surface food temperature, for example of packaged food
Infra-red (or 'laser') thermometers	• useful for measuring the surface temperature of food and utensils • **not** able to measure the temperature within food
Fixed thermometers on equipment (e.g. on bain maries and refrigerator units)	• useful for measuring the operating temperature of the equipment but not the actual food • **not** considered sufficient for measuring food temperatures — should be used in conjunction with another thermometer that directly measures food temperatures, such as a probe
Mercury and glass thermometers	• **not** generally recommended for use with food due to risks associated with breakages inside food — if used they should be encased in a shatterproof protector
Digital versus analogue thermometers	• either type may be used to measure food temperature, but digital is generally preferred for ease of reading

Thermometers with a temperature range of –50°C to 150°C are usually sufficient for measuring the temperature of food.

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Important considerations for measuring the temperature of food:

- Temperature readings are not instant — when taking a measurement, the operator should wait until the **temperature has stabilised** before noting the temperature.
- The temperature of a food being measured may not be even — for example if a food is being cooled in a refrigerator, the surface temperature may be cooler than the core of the food — where possible, measurements should be taken from the **centre of the food**.
- The temperatures of food within a refrigerator, or cold or hot display unit are **likely to vary** and just because one food is within an acceptable limit does not mean that other food within the same unit will also be within this limit.
- When using a probe thermometer ensure the part of a thermometer (usually the probe) inserted into food is **cleaned and sanitised** before use to prevent contamination.
- Thermometers should be regularly **calibrated,** as they can lose accuracy over time or if they are dropped or bumped.

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Safe Cooking Temperatures:

Red meat including pork (whole cuts) - microbial contamination will only likely occur on the outside of solid pieces of meat such as steak. If you make sure the surface of the meat is well browned, you can cook the centre according to your preference.

Fish (whole pieces) - microbial contamination only occurs on the outer surface, so it can be cooked as per red meat.

Poultry (chickens, turkeys and ducks) - microbial contamination is likely throughout. You must make sure the internal temperature at the slowest heating point reaches at least **75°C**.

Processed meats and other meat products:

Including minced meat, stuffed, rolled or boned meat, mechanically tenderised meat , corned beef (which has had needles inserted into it to pump in a brine solution) and sausages. Microbial contamination will occur throughout these items, so you need the internal temperature at the slowest heating point to reach at least **75°C**.

75°C

- Sausages
- Mince
- Poultry
- Liver
- Rolled roasts
- Reheated food

72°C

- Eggs
- Egg dishes

*Until white is firm and yolk thickens

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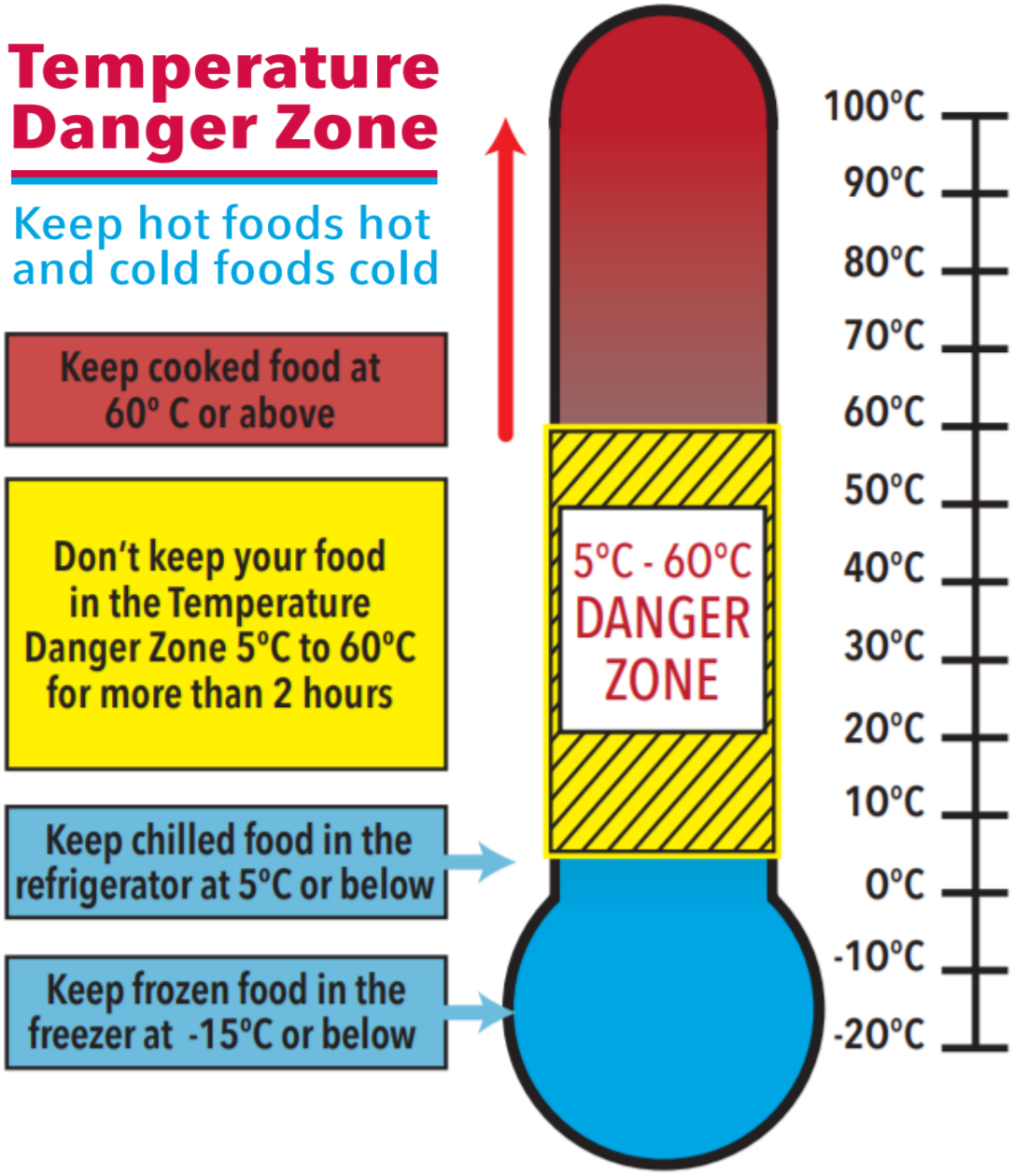
Safe Storage Temperatures:

Potentially hazardous food must be kept under temperature control (below 5˚C or above 60˚C) to minimise the growth of foodborne pathogens and prevent the formation of toxins in the food.

The temperature range between 5°C and 60°C is often referred to as the 'temperature danger zone' because food poisoning bacteria can grow rapidly in this range. However, short periods in this temperature range are unlikely to allow foodborne pathogens to grow (or produce toxins) to unsafe levels.



Australian Food Safety Week

Eastern Health Authority acknowledges the information contained in this newsletter by the Food Safety Information Council.

#AFSW17

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